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July 7, 2000

Tyndall names 325th FW career assistance adviser

Tech. Sgt. Mona Ferrell

*325th Fighter Wing
public affairs*

Team Tyndall members will soon have another person to turn to for career direction and guidance with the creation of a new advisory position — the wing career-assistance adviser.

The Air Force created 79 of the new advisory positions, one for every wing in the Air Force, in an effort to increase retention rates and help both officers and enlisted members make educated decisions about their careers. Chief Master Sgt. Ronnie Georgia, currently the 325th Fighter Wing assistant inspector general, will assume the career-assistance adviser position at Tyndall sometime in September or October after completion of training requirements.

The job is being created to enhance the supervisor's role, Georgia said. "One of my main jobs is going to be making sure the right information is getting into the right person's hands," he said. "While it's the supervisor's job to provide feedback to their troops, my job is to make sure supervisors are giving that feedback properly. It's important for a subordinate to know how they're doing and how to improve, but it's equally important for people to get feedback on what their career options are. A lot of the information is out there, but we need

to ensure it is communicated at the lowest levels where it needs to be. This will help people make more educated decisions about re-enlisting, retraining or going into the Guard or Reserves. It's my job to ensure "airmen" are being talked to about their options and also ensure they're being properly mentored."

One of the main ways Georgia intends to assist supervisors in their role as mentors is by completing staff-assistance visits. Talking to both unit commanders and members assigned to each unit will allow him to see if people, especially first- and second-term airmen, are receiving proper career counseling.

"Because of downsizing, the Air Force did away with base and unit career advisers in the 1980s. Retention rates were not an issue like they are now," said Georgia, who held a unit career-adviser position as a master sergeant. "But because of this, some of

the things that we (Air Force members and supervisors) should be talking to our young airmen about, we're not. Completing staff-assistance visits will allow me to see where each unit is lacking and then provide training to supervisors on how to correctly give people feedback that will not only enhance their per-



**Chief Master Sgt.
Ronnie Georgia**

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Tech. Sgt. Mona Ferrell

Heritage Day fun

Tech. Sgt. Keith Skoglund, 325th Fighter Wing military equal opportunity craftsman, checks out Monday's Heritage Day entertainment with his 4-year-old son Matthew. Base officials estimated that more than 20,000 people enjoyed Tyndall's annual Independence Day celebration.

New AETC commander expresses initial views

Staff Sgt. Chuck Widener

*Air Education and Training
Command
public affairs*

RANDOLPH AIR FORCE BASE, Texas (AETCNS) — Gen. Hal Hornburg, Air Education and Training Command's new commander, sees the mission of "The First Command" as creating and molding quality airmen to replenish the combat capability of

the Air Force.

That's the message he delivered to AETC wing commanders and headquarters senior staff members just hours after assuming command June 22.

"If we don't remember there's an Air Force outside this command that is relevant to the people we graduate, then we're flunking the course," said the general.

Hornburg said it's important to have a "sight picture" to achieve the mission.

He described this as "focussing your eyes on a certain target and then using the machinery at your disposal to enable yourself to get the job done." The "sight picture" of the command is the quality airmen it produces, he explained.

Keeping his focus on young airmen, the general emphasized the importance of leadership and mentoring young airmen, both enlisted and officers.

"We have such a depth of talent in the Air Force," he said, "but it's going to

erode if we don't reach down and start molding people and creating more and more leaders." Most people call this mentoring; Hornburg, however, said it is leadership.

AETC's 25th commander described what he believes are important aspects of being a leader.

Leaders should teach and share their knowledge with everyone in their units. For example, wing commanders should reach down to group, squadron and

flight commanders. In turn, subordinate commanders should also work to teach people several layers into their units. "By the time everyone's heard a message from three echelons above them, it will begin to sink in and they will understand that someone cares," Hornburg said.

Continuing his focus on leadership, Hornburg highlighted the importance

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DOD announces slight child-care fee hike

Linda D. Kozaryn
American Forces Press Service

WASHINGTON (AFPN)—Fees at military child-care facilities will increase by about \$1 to \$2 per child each week for the 2000-2001 school year, Department of Defense officials announced recently.

The fees keep pace with estimates of inflation. DOD family-policy officials review and update child-care fees annually.

Depending on their total family income, DOD families will pay between \$40 and \$116 per child per week during the upcoming school year. The fee represents about half the cost of childcare; the remainder is paid with appropriated funds from Congress.

How much parents pay for military childcare is based on the family's total income. This includes all earned income — wages, salaries, tips, long-term disability benefits and voluntary salary deferrals. It also includes servicemembers' combat pay, housing and subsis-

tence allowances and the value of meals and lodging furnished in-kind to military members residing on military installations.

Installation commanders set fees within DOD ranges. This gives the commander flexibility to adjust fees based on the cost of living in the local area. Commanders also have the authority to use an optional high-cost fee range in areas where it is necessary to pay child-care providers higher wages to compete in the local labor market.

"This fee increase is annual," said Martha Robinson, Tyndall Child Development Center director. "We don't know what Tyndall's hike is as of yet, and we won't know until we get our package down from Air Force (Headquarters Air Education and Training Command Services). However, we usually have our prices in place before the start of the new school year."

Installation child development centers may begin charging the new fees any time between Aug. 1 and Oct. 1.



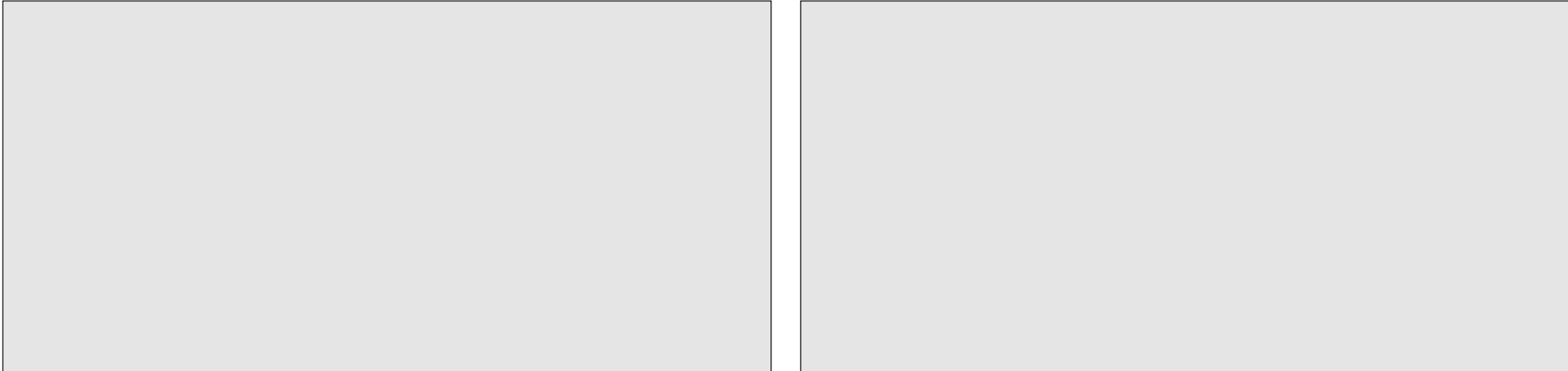
Tech. Sgt. Mona Ferrell

Joyce Dyer, Tyndall Child Development Center caretaker, goes for a walk with Austin Riggs and other members of her 6- to 12-month age group. Austin, who is approximately 10 months old, is the son of Airman 1st Class Shirley Riggs, 83rd Fighter Weapons Squadron information manager, and Senior Airman Bryan Riggs, 325th Communications Squadron document security clerk. The Riggs are one of many Tyndall families who will soon experience the CDC's annual fee increase set in place by the Department of Defense for all military child-care facilities across the board.

DOD program fees per child each week for total family income categories <u>2000-2001 school year</u>			
Category	Income	Minimum fee	Maximum fee
I	\$0-\$23,000	\$40-\$53	\$45-\$56
II	\$23,001-\$34,000	\$50-\$64	\$55-\$68
III	\$34,001-\$44,000	\$61-\$76	\$67-\$81
IV	\$44,001-\$55,000	\$74-\$86	\$80-\$92
V	\$55,001-\$69,999	\$88-\$100	\$91-\$105
VI	\$70,000+	\$103-\$114	\$104-\$116

Tyndall CDC <i>current</i> fees per child each week for total family income categories <u>1999-2000 school year</u>		
Category	Income	Current fee
I	\$0-\$23,000	\$51
II	\$23,001-\$34,000	\$61
III	\$34,001-\$44,000	\$67
IV	\$44,001-\$55,000	\$75
V	\$55,001-\$69,999	\$87
VI	\$70,000+	\$101

(Editor's note: According to Martha Robinson, Tyndall Child Development Center director, Tyndall's fees will only increase by about \$1 to \$2 per child each week.)



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of coaching people to excel and allowing and encouraging them to take the initiative. He said many Air Force people are too reluctant to take chances and try new approaches to solve problems for fear of criticism from above. But, at the same time, people must understand the difference between taking chances and taking risks.

“If a person takes a chance and fails, I pat the individual on the back and then train him or her,” the commander said. “I explain how to do things better. Then I let the person take another chance.” However, when people take chances knowing they are wrong in doing so, that’s risk — a risk the general doesn’t want people taking.

“Encourage your people, but don’t encourage them to be risk takers. Instead, within their area of responsibility, let them get out there and kick a few field goals,” he said.

Currently, recruiting and retention are big concerns for today’s Air Force. Last year, for the first time in 20 years, the Air Force failed to meet its recruiting goal.

“Recruiting is important,” Hornburg said. “But, I’m just as interested in retention. I’m interested in flight commanders wanting to become squadron commanders. I’m interested in five-levels wanting to become seven-levels and so on.”

Hornburg’s focus on retention gets to the basic formula of “if the Air Force can retain quality people, the

need for more recruits decreases.” He added that everyone has the opportunity to improve retention. Although we should always be aware of the fact that “we are all recruiters,” he explained, the opportunities to impact another person’s career are greater than opportunities to help recruit new airmen.

“If you aren’t out there talking to younger troops about what it’s like to be a staff sergeant, a master sergeant or a major, then you’re not doing your job,” he said. “You might be doing part of your job, but you’re not doing all of it. Share your experiences with younger troops. Talk about some of the things you learned in the school of hard knocks. We all have to work retention.”

Quality of life is considered key to retention, but Hornburg emphasized that there is more to quality of life than pay raises and housing facilities.

“Quality of life is an overused, misunderstood term,” the general explained. “Quality of life is more than just new furniture. It’s feeling good about what you do. It’s feeling good about where you work and it’s feeling good about who you are and what you are.

“A significant element of job satisfaction and quality of life is a sense of identity — a sense of belonging,” he said. “That’s quality of life in the purest sense. We can make things better for our people if we help them understand where they fit into their

unit and the unit’s mission, the importance of their job and how vital they are to accomplishing the mission. They need to know that without them, the job isn’t going to get done quite as well. We start there, from the foundation of quality of life, and we build on that,” he said.

It’s a process — a process that not

only impacts the mission and capability of the command, but the future of the Air Force, Hornburg said.

“Our job is to create and mold airmen — to replenish the combat capability of the Air Force,” he said. “But it’s also about growing more leaders and saving the future of the Air Force. Talk three levels deep—mentor, coach

and lead. If we don’t do this, we’re going to be sitting in a rocking chair on the front porch of the Old Airmen’s Home one day and the Air Force isn’t going to be very strong. We’re in a changing world; we all recognize that we’ve got to be a part of the change or we’re not going to recognize it when it hits us right in the face.”



O. J. Sanchez

Air Force Chief of Staff Gen. Michael Ryan, left, passes the Air Education and Training Command flag to Gen. Hal Hornburg during a change-of-command ceremony held at Randolph AFB, Texas, June 22. Hornburg replaces Gen. Lloyd “Fig” Newton as the AETC commander.

Tyndall schedules F-22 Phase Two public scoping meetings

TYNDALL AIR FORCE BASE, Fla.—Phase Two scoping meetings for the first operational F-22 wing have been scheduled for both Eglin and Tyndall. These meetings will be held to solicit additional public input regarding the proposal to base the first operational F-22 wing.

After completing Phase One public scoping meetings, the Air Force considered operational and environmental data as well as public comments for the purposes of narrowing down the candidate bases. After this initial review and based on current information, the Air Force believes that all five candidate bases continue to be suitable for additional analysis in the draft Environmental Impact Statement. The other three bases are Langley AFB, Va., Moun-

tain Home AFB, Idaho, and Elmendorf AFB, Alaska. Langley is the preferred alternative.

Phase Two scoping meetings will be held to gather community-specific issues regarding the proposed beddown at each location. In the panhandle area, the F-22 Phase Two scoping meetings will all be held from 6:45-9 p.m. The four locations and dates are: Apalachicola, Monday at the Raney-Carriage House, 76 Market St.; Panama City, Tuesday at Gulf Coast Community College, 5230 W. Highway 98; Niceville, Wednesday at Okaloosa-Walton Community College, 100 College Blvd.; and Navarre, Thursday at Navarre High School, 8600 High School Blvd.

The F-22 air superiority fighter is

being developed as the nation’s next air-dominance weapon system. The proposal for the initial F-22 beddown or basing includes a total of 72 operational aircraft grouped into three squadrons. The first aircraft is scheduled for delivery in 2004.

The Air Force encourages comments and feedback at any time. However, to ensure sufficient time to consider public and agency comments are included in the draft EIS, comments should be submitted to: HQ ACC/CEVP, 129 Andrews St., Suite 102, Langley AFB, Va. 23665-2769, Attn: Brenda Cook by Oct. 31.

For more information, call 1st Lt. Jessica Smith, Air Combat Command public affairs, Langley AFB, Va., (757) 764-5007.

New AFRL commander visits Tyndall

Capt. Ted Hepperlen

*325th Fighter Wing
public affairs*

The new commander of the Air Force Research Laboratory made his first visit here Wednesday for an orientation on the work of the local laboratory division.

Brig. Gen. Paul Nielsen, who took command in April, says he was impressed with what he saw at Tyndall.

“I’ve really been impressed with the enthusiasm and dedication of all the people here,” Nielsen said. “We’ve had some real budget challenges and reorganizations over the past 10 years, and I’m happy to see that everyone here is really motivated and focused on the mission. I’m very impressed with the ongoing research as well. I hate to single out any one program because there is so much great research being done here, but I can say I really enjoyed seeing the robotics and fire-fighting demonstrations and how we support the Airborne Laser project.

“This is my first visit to Tyndall as commander, but when I was involved with NORAD I came here quite a bit to work with General Arnold and First Air Force. I also have another tie here, General Buchanan and I are classmates from the Air Force Academy. I’m looking forward to seeing him again.”

Nielsen sat with the Gulf Defender staff to answer questions about the mission of the laboratory and how it fits into our aerospace doctrine.

Q: How does the Air Force Research Laboratory fit into the Expeditionary Air Force concept?

A: We play a critical and continuing role in the EAF concept. Our research and development programs are developing lightweight materials, smaller and more accurate munitions, improving surveillance and intelligence gathering capabilities and improving command and control capabilities which are the bedrock of the EAF.

Q: What effect on research priorities has the Air Force Vision 2020 program had?

A: Our research plays a key role in supporting the Vision 2020 concept. The continuing pursuit of science and technology ideas that offer potential for evolutionary and revolutionary increases in Air Force capabilities is our mission. We will continue to develop the technologies that enable the Air Force’s core competencies: aerospace and information superiority, global attack, precision engagement, rapid global mobility and agile combat support.

Q: How do the responsibilities of the laboratory at Tyndall fit into the EAF and Vision 2020 programs?

A: We recently reorganized the Tyndall division and renamed it the Air Expeditionary Force Technologies Division to reflect their new emphasis on agile combat support. The goal here is to focus on deployed base systems technologies, force protection and weapons systems logistics technologies. Research, of course, is our primary focus. So this same focus is in line with the Air Force Vision 2020 concepts. Some of the practical applications of our research here include developing materials for blast protection and structural reinforcement against conventional and terrorist attacks, easily transportable and self-erecting shelters and more lightweight and efficient heating and power-generating systems.

Q: What technologies developed at Tyndall are now in use Air Force-wide?

A: Most of our products in use today are related to environmental monitoring and cleanup. We provided the technical expertise in the development of the “Natural Attenuation Process” which exploits the ability of microorganisms at a contaminated site to destroy toxic chemicals in contaminated soil or ground water. All branches of government and the environmental-cleanup industry have embraced this technology. We’ve also developed safe and effective processes to dispose of solid rocket fuel and a cost-effective means to determine the extent of contamination in ground water. In addition to these, we also have products going out with all of our deploying forces. We developed a much more energy efficient environmental-control unit for deployed force shelters, a deployable pavement-repair kit, and a transport system to safely move and dispose of unexploded ordnance at deployment sites.

Q: How does the research at AFRL tie into the Tyndall mission — to train the world’s best air superiority team?

A: Of course, we make major contributions to the technologies that will be incorporated into the next generation of air-superiority systems. Many of our innovations will be on the flightline providing necessary support as Tyndall pilots train our next generation. Locally, the EAF Division here will continue to develop technologies that contribute to the safety and comfort of your pilots as they deploy across the globe.

Viewpoint

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The deadline for article submissions to the *Gulf Defender* is 4 p.m. Friday, prior to the week of publication unless otherwise noted. Articles must be typed and double-spaced, preferably on a 3.5-inch disc. Stories should be submitted directly to the public affairs office, Building 662, Room 129, or mailed to: 325 FW/PAI, 445 Suwannee Ave., Tyndall AFB, FL, 32403-5425. Public affairs staff members edit all material for accuracy, brevity, clarity, conformity to regulations and journalistic style. The delivery of the *Gulf Defender* to Tyndall base housing sections is provided by the *Panama City News Herald*.

For more information, or to advertise in the newspaper, call (850) 747-5000.



Commander's corner: Tyndall Heritage Day celebration big success

Maj. Gen. Walter E. Buchanan III
325th Fighter Wing
commander

I hope everyone enjoyed the long holiday weekend! I want to thank **Rudy Wallace** and everyone else who worked so hard to make Heritage Day such a huge success. Almost 20,000 people showed up to extend their holiday weekend at the most patriotic place in Bay County — Tyndall AFB! The entertainment, food and fireworks were great, and I think our celebration here is really turning into one of the biggest events on the local scene.

We've got another big week coming up — I'm sure many of you have heard that Tyndall is being considered as one of the alternatives for basing of the first F-22 operational wing. Langley AFB, Va., is the Air Force's preferred alternative for "Ops One," just as Tyndall is the preferred alternative for the first F-22 training unit. We began environmental preparations in 1999 to make Tyndall the training unit, with the first F-22s due to arrive here in early 2003. If Tyndall were selected to be the first operational base for the F-22, that mission would be in "addition" to our training mission. A team of environmental, operations and public affairs people from Langley will be in the area later this week to continue the work required to base the F-22 operational unit here, or at

one of several other locations — Langley, Elmendorf AFB, Alaska, Eglin AFB or Mountain Home AFB Idaho. There are two meetings scheduled locally — one July 10 at Apalachicola and the other July 11 at Gulf Coast Community College in Panama City, both from 6:45-9 p.m. The purpose of the meetings is to gather public input about the ramifications of basing the operational unit here. For more information about F-22 basing, contact public affairs at 283-2983.

I'd also like to announce that Team Tyndall has a new Career Assistance Adviser — **Chief Master Sgt. Ronnie Georgia**. It will now be the chief's job to advise both officers and airmen on enlisted retention activities and programs — an important position because we all realize that one of the best ways to solve recruiting problems is to improve retention. We are a professional service, and the people we hire receive a great deal of very specialized training — a huge investment, but well worth it, both to our Air Force and to the people receiving the training. The chief will help keep our members informed of the benefits they're entitled to, and he'll also follow trends to let commanders and supervisors know some of the things they can do to improve retention at the unit level.

Have a great Air Force week!

Commitment What's your perspective?

Lt. Col. Mike Kukulski
23rd Operations Support
Squadron
commander

POPE AIR FORCE BASE, N.C. (AFPN) — What is commitment? Is it pulling a 90- to 120-day rotation in Southwest Asia every year? Could it be working 12-hour duty days on the flightline or at the front gate in lousy weather? Is it serving a remote tour unaccompanied by your spouse and children? Might it be doing work that would earn you two or three times as much pay in the civilian sector? How about uprooting your family from home, school and friends every couple of years for a permanent

change of station?

These hardships are but a few examples of the sacrifices every service member makes. Each Air Force person should be proud of their service in the defense of our nation and the principles it represents, and of the commitment they have made to do so.

But our pride is tempered by the fact we are well compensated for our service with regular pay and raises, bonuses and allowances, medical and dental care, life insurance, retirement programs and more.

Some of us probably simply view our commitments as the price we pay to receive these material benefits. But

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Action Line



Tech. Sgt. Mona Ferrell

Maj. Gen. Buck Buchanan, 325th Fighter Wing commander, thanks Rudy Wallace, Heritage Day coordinator, for all of his work setting up this year's Independence Day festivities. Approximately 20,000 Tyndall and Bay County members joined in on the Fourth of July fun.

The Action Line is your direct line to me. It is one way to make Tyndall a better place to work and live.

Action Line calls are recorded and staffed through the proper agency. The goal is to provide you with an accurate, timely response. You must leave your name, phone number or address to receive a response.

Questions or comments of general interest will be published in this forum. This avenue should only be used after coordinating problems or concerns with supervisors, commanders, first

sergeants or facility managers. If you're not satisfied with the response or you are unable to resolve the problem, call me at 283-2255.

For **fraud, waste and abuse** calls, you should talk to the office of inspections, 283-4646. Calls concerning **energy abuse** should be referred to the energy hot line, 283-3995.

Maj. Gen. Walter E. Buchanan III
325th Fighter Wing
commander

Team Tyndall receives 'thank you' for support

Col. Cary M. Walgamott
Tyndall 1 Field Training Unit
commander

I would like to personally thank all of those serving at Tyndall for your outstanding support of Tyndall One Air Force Reserve Officer Training Corps Field Training Encampment.

Over the past six weeks, you have probably been delayed in traffic while more than 260 AFROTC cadets made their way across the street. You have shared your dining facility, athletic fields and theater with us almost every day. Your cooperation and patience

have helped us make Tyndall One an incredible success.

In addition, our staff of close to 40 Air Force members has received the best support imaginable from the 325th Fighter Wing. From the vehicles and buses from transportation, to the instruction and motivation from the members of the 325th Security Forces Squadron at the confidence course, to the very dormitories the cadets have made their homes for the past six weeks — Tyndall is top-notch!

Again, thank you for your support while we have trained our future leaders here in your back yard.



2nd Lt. Renee Jennings

DeCA best values

Sue Drotter, Tyndall Defense Commissary Agency grocery manager, stocks the commissary shelves with best value items. The Best Value Program, which kicked off Saturday, is designed to make the job of bargain hunting easier for military shoppers. The program identifies items that are the lowest price at name-brand quality, making commissary prices more competitive with other local grocers.

E-5 promotion list due out July 19

RANDOLPH AIR FORCE BASE, Texas (AFPN) — The Air Force plans to release the list of its newest staff sergeant promotees July 19. This year's release comes almost a month earlier than last year's staff sergeant promotion list.

Air Force Personnel Center officials cite several reasons for this year's earlier release. Many will recall that last year the Air Force was in the midst of Operation ALLIED FORCE, and had numerous airmen deployed. "The late August release date last year accommodated those who were deployed and gave many of them an opportunity to return and test," center officials said.

"We have also pledged to our customers worldwide that we will continue to strive for sooner promotion releases rather than later," officials said.

This year, partly because of reduced testing windows, the AFPC was able to get most of the tests for staff sergeant eligibles processed and scored sooner. There are approximately 40,000 eligibles this year.

The promotion quota has not been determined yet, so the exact promotion percentage is not known at this time. "We are confident that percentages for all ranks, including staff sergeant, will remain at or above TOPCAP objectives for the foreseeable future," center officials added.

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formance, but also their Air Force careers."

Of course Georgia won't have to 'wing' it. The Air Force is also creating a web site that will allow career-assistance advisers to go on line and access retention data for every career field and unit. Using the web site, career assistance advisers will be able to target career fields that need more attention than others, Georgia said. "I'll be required to visit every unit on base at least once a year, but using the statistics provided on the web site, I'll be able to more easily determine what units are having retention problems. These units may need more mentorship and feedback training than others."

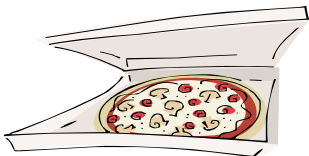
In addition, Georgia will be required to brief the wing commander on a

quarterly basis with regard to any changes on Tyndall's retention statistics. "Previously when the Air Force had base career advisers, they fell under the military personnel flight. Now, seeing the importance of the job, the Air Force is requiring all career-assistance advisers to work directly for the wing commander staff."

The importance of this job cannot be overestimated, said Chief Master Sgt. Karl W. Meyers, 325th FW command chief master sergeant. "We're dealing with a very competitive job market in the civilian sector. There seems to be a big misconception about Air Force opportunities and the benefits an Air Force career provides," he said. "But I think a lot of people just don't know all of the options that are available to them. The Air Force

has recognized that we're having a problem with retention and people thinking, "the grass is greener on the other side of the fence." Creating the position of career-assistance adviser is another step towards correcting this problem, and Chief Georgia is the right person for the job. He's great with people and is more than happy to share his knowledge and Air Force experiences."

It's all about making a difference, Georgia said. "This job is tailor-made for me. Getting the right information in the right person's hands is important. I believe that through this job, I can make a big difference for a lot of people, and I'm honored that Major General Buchanan and Chief Meyers chose me for the job — I can't wait to get started."



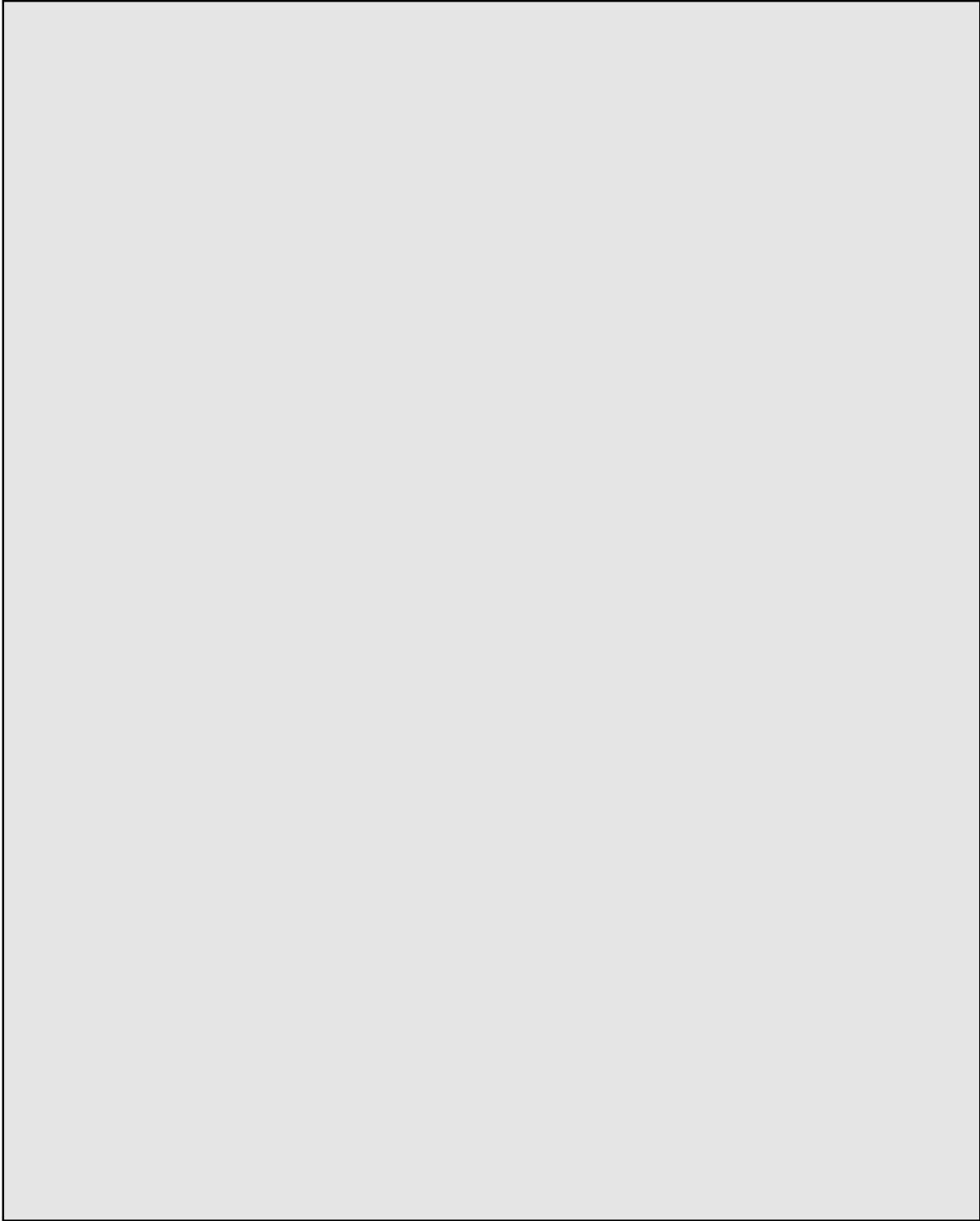
All you can eat pizza buffet
Sports Page Pizza Pub
10:30 a.m.-1 p.m. Monday and Thursday

DOD considers offering laser eye surgery to beneficiaries



Staff Sgt. Mary Clement, 325th Medical Operations Squadron physical therapy craftsman, tries on new eye glasses. With the Department of Defense's recent look at laser eye surgery, there may soon be an alternative.

2nd Lt. Renee Jennings



Army Staff Sgt. Kathleen T. Rhem
American Forces Press Service

WASHINGTON (AFP) — Department of Defense officials are looking into the possibility of offering laser eye surgery to military beneficiaries.

Several studies are under way to determine if laser vision correction stands up to the rigors of military life, said Dr. John Mazzuchi, deputy assistant secretary of defense (health affairs) for clinical and program policy.

“Our first concern is for the active-duty force,” Mazzuchi said. “If this method works for them, the eye is stable over time, and the military environment doesn’t harm them, then I think this is something we will do for them as a readiness issue.”

He said officials would probably revisit the issue in two to three years, when preliminary data are available from ongoing studies. New DOD policy allows individuals who have had laser vision surgery to obtain a medical waiver before joining the military; previously they were barred altogether.

Providing the service to family members is a different ball game. While laser eye surgery might become a readiness issue for the active-duty force, Mazzuchi said, it would be elective cosmetic surgery for others.

Laser eye surgery might be beneficial, but doing purely cosmetic procedures means having to take care of all medical necessities first, he said. “For the near future, at least, I think this is not going to become a covered benefit.”

The military health-care system already has to struggle to operate within its budget, he explained. However, he added, that doesn’t necessarily mean these laser procedures would be out of reach of military beneficiaries.

“Our facilities are going to have to do a number of these procedures because we have ophthalmology training programs,” Mazzuchi said. “The way we’ve normally done cosmetic surgery is to make it available at our teaching centers, but the

beneficiary has to pay for it.” Under current regulations, outpatient surgical procedures would cost about \$270 per day in military medical treatment facilities, he said. So, that would be the cost of a 15-minute laser operation — considerably cheaper than the \$4,000 to \$6,000 charged by civilian providers.

“We don’t want to deny a new medical breakthrough to our beneficiaries, but when it’s purely cosmetic and not medically necessary, we can’t make it available at no cost,” he said. “We would try to balance our training needs and the desires of our beneficiaries to try and make this available at a reasonable cost.”

Mazzuchi said the military keeps tabs on emerging medical technologies for several reasons. For one, it’s the best thing to do for DOD beneficiaries. For another, an exciting atmosphere helps attract quality medical professionals.

“We want to attract and retain the best-quality medical people the country has to offer. One of the best ways to do that it is with really good training programs and with exciting medicine,” Mazzuchi said. “Cutting-edge medicine attracts the best and keeps the best.”

He said whether or not the DOD is interested in a certain procedure or technology depends somewhat on the readiness implications of the procedure. “One of the reasons laser eye surgery is so important to us is that it may free us from having to rely on glasses,” Mazzuchi said. “That has tremendous implications for military operations.”

However, the desire for cutting-edge techniques has to be balanced with ever-present fiscal constraints. “The taxpayers expect us to spend their money wisely,” he said.

But the main driving force behind exploring new medical breakthroughs is to provide quality medical care for DOD beneficiaries. “We believe the people who serve their country ought to have top-quality medical care,” Mazzuchi said. “We want our health-care system to be the best health-care system there is anywhere.”



Features

Making a difference: Local auto club ‘drives’ home unique message



Photos courtesy of Staff Sgt. Gary George Jr.



Top: Staff Sgt. Gary George Jr., 16th Electronic Warfare Squadron OL-A electronic warfare technician, programs the “soul patrol” show truck. Middle: Some of the vehicles, including different car clubs, that participated with the Divine Revelation Car and Truck Club in Lynn Haven’s Fourth of July parade Tuesday. Bottom: From left to right, Ricky, Callie, Jessie and Missy George hold up the banner for the club at Lynn Haven’s Fourth of July celebration.



Tech. Sgt. Mona Ferrell
*325th Fighter Wing
public affairs*

Charity begins at home, or in the case of one Team Tyndall member — the garage. Staff Sgt. Gary George Jr., 16th Electronic Warfare Squadron OL-A electronic warfare technician, has a love for cars, an interest in giving back to his community and lives a clean Christian life — a great combination for a “Divine Revelation.”

George, founder and president of Divine Revelation Car and Truck Club, started the religious custom-vehicle club in 1998 out of a need to fellowship with other people who held similar interests but also wanted to make a difference in the community. “I’ve been involved in custom vehicles since 1992,” George said. “I was in several clubs, but I didn’t like the caliber of people who were in the clubs. I also thought they had the wrong emphasis.

They (club members), were more concentrated on competing with one another with their vehicles instead of working together — they weren’t making an impact on the community at all.”

With this in mind, George decided to start his own club. “Our club provides a Christian environment for people who are interested in all facets of the automotive hobby and want to use their vehicles as ambassadors of good will,” he said. “We support shows, events and charities that improve the lives of people less fortunate in the Bay County area.”

Every car show held in Bay County is for charity, George continued. In order for a vehicle to be entered into the show, the owner must make a \$20 charitable contribution. This makes every show a worthwhile event. “We know what organization the money’s going to beforehand,” he said. “This is a great way to have a hobby and touch the lives of others in need.”

Helping others is exactly what

this enthusiastic group is doing. “Through car shows, we’ve had a hand in donating car seats to the Bay County Sheriff’s Department and Easter baskets to the Family Services Agency — it’s a great feeling to be able to use our club in a way that helps others.”

Of course, their help doesn’t go unnoticed. “We (family services) make a tremendous difference in the Bay County area, but we couldn’t do it without the help of organizations like them who help us out,” said Jeannie Warren, Family Services Agency director. “It takes people helping people to make a difference — through their donations that’s what they’re doing — helping those in Bay County who are less fortunate.”

As with most organizations, there are a few requirements to become a member of the Divine Revelation Club. “You don’t

“We support shows, events and charities that improve the lives of people less fortunate in the Bay County area.”

Staff Sgt. Gary George Jr.

have to own a car, and you don’t even have to go to church,” said George, who owns a 1987 Nissan heavily-modified mini

truck. “But we expect our people to set an example for others to follow. It doesn’t matter what religion a person is, but we want and expect a clean, family atmosphere.”

There are at least eight other major car and truck clubs currently in the Bay County area, but Divine Revelation is the only one that requires such high standards from their members. “Our club serves a threefold purpose; to constantly improve our vehicles by sharing resources and talents, challenging each other to grow spiritually through fellowship and mentoring and to make an impact on our community,” George said. “It’s a great feeling when someone comes up to one of us during a car show, sees the logo on the back of our cars and thanks us for doing something for the Christian community — spreading the word in such a unique way.

“Our club offers a creative outlet to volunteer — we’re making a difference and having fun doing it,” he said.

Tyndall's Berg Liles Dining Facility staff strives to... Serve up the best food in AETC

Tech. Sgt. Sean E. Cobb

*325th Fighter Wing
public affairs*

When it comes to serving up lip-smacking, taste-bud tingling food, the people of the Berg Liles Dining Facility are up to the task.

The mission of the dining facility is to serve the best food in Air Education and Training Command by offering a balanced diet of fresh fruits and vegetables, pasta, bread and top-quality meats, said Tech. Sgt. Kenneth A. Forand, 325th Services Squadron dining facility manager. "We are dedicated to serving people the best food we can," he said. "Without food, people can't function and complete the mission, so we do our best to provide the highest quality food to our customers."

Airman Summer L. Marshall, 325th SVS cook said the entire staff works hard to do exactly that — provide delicious, wholesome food. "We consider it our primary duty to ensure people receive good meals," she said. "We do that by using the best ingredients and products available to us when we are preparing meals."

To provide these delicious meals it takes a lot of effort from every member of the dining facility staff, Forand said. "We currently have 21 active-duty members, two civilian workers, and of course the people of the Pentad Corp. working here," he said. "It takes a lot of teamwork to make this place run smoothly, and we have just the right team to do it."

The Pentad Corp. contract workers are an integral part of the work force and they are proud to be a part of the team, said Beatrice L. Green, Pentad Corp. dining facility supervisor. "It's a pleasure for us to serve the people of Tyndall the best we can by keeping the facility clean and showing everyone our finest hospitality," she said. "I have been here for 10 years now, and it's always been nice working here — we have a great relationship with the military."

The staff of the dining facility works around the clock to provide this vital service for the Tyndall community, Forand said. "This is a 24-hour, seven-days-a-week operation," he said. "There is always someone here, serving food, cooking or baking."

"The military and civilian workers order all the food we provide, bake the desserts, cook the entrees and vegetables, complete salad preparation, short order cook, put out the beverages and work the

serving line. The contractors work the registers, clean the facility, including the tables, and complete the dishwashing. That's a lot of work, but we all get together and provide meals every day," Forand said.

It's not all work and no play though, Marshall said. "It's real nice working here. We have fun with what we do, and I know I am getting a lot of good experience. I like dealing with the customers so I enjoy working the serving line. It's nice to know that just by smiling you can make a difference in someone's day."

Besides the everyday meals, the dining facility also has some special programs, Forand said. "We have a daily snack-line special, which is available Monday through Friday," he said. "This special is usually something like a Philly cheese-steak sandwich, fish sandwich or pizza. We also have the ethnic meals on Wednesdays for lunch, and we vary them from German to Cajun, Italian and Southern cuisine."

"In addition to the snack-line special and ethnic meals, we have birthday meals once a quarter. Subsistence in Kind customers with a birthday in that quarter will be honored with a steak, lobster and shrimp meal served by their commander or first sergeant," Forand said.

Of course a big part of providing the best meals for people is finding out what they want, Forand said. "I develop the menu based on the Air Force world-wide menu and customer demand and suggestions. We try to have healthy food and a good variety of foods so that people will enjoy their meal."

"We also have dining facility SIK forums to get feedback from our customers. Each quarter we hold a SIK forum, and each squadron is invited to send a representative. At these forums, people can voice their concerns, put in requests for different types of food and make suggestions. We also have customer-comment cards in the facility that people can make suggestions on."

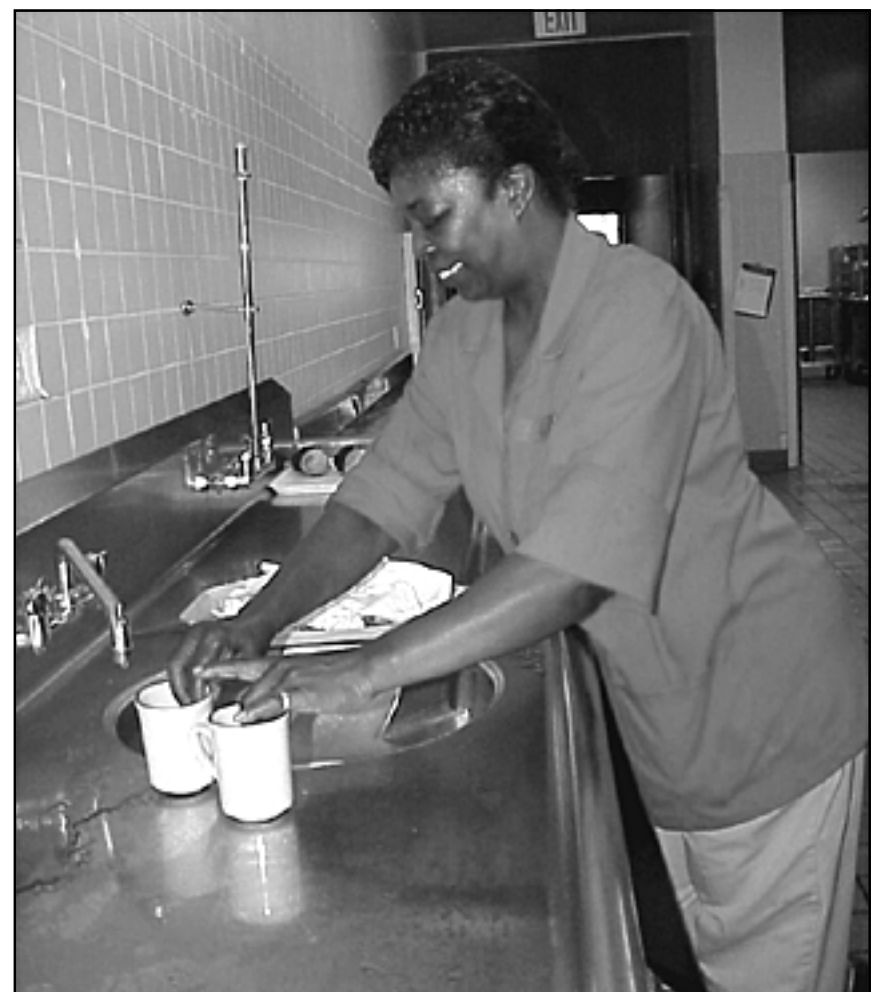
Serving excellent food and keeping people happy is why the dining facility is here, Forand said. "We serve more than 1300 meals a day, and the dining facility staff does an outstanding job providing high-quality meals for the people of Tyndall."

To find out what's cooking at the dining facility, people can look at the weekly menu on Page 12 of the *Gulf Defender* or call the daily menu line, 283-2312.



Photos by Tech. Sgt. Sean E. Cobb

Airman Summer L. Marshall, 325th Services Squadron cook, places a tray of Italian sausages on the serving line in preparation for lunch.



Linda L. Hunt, Pentad Corp. mess supervisor, separates used food-tray items and loads the dishwasher.



Staff Sgt. Kirby J. Pyka, 325th SVS food service specialist shift leader, removes a tray of browned potatoes from the oven.

F-22 program delivers power-system breakthrough

John Haire
*Air Force Flight Test Center
public affairs*

EDWARDS AIR FORCE BASE, Calif. (AFPN) — The F-22 Combined Test Force located at Edwards AFB, Calif., recently posted program savings of more than \$330,000 with a dramatic, new innovation in the testing infrastructure used for the Raptor.

The innovation — described as a technological breakthrough by Vern Renfrow, the F-22 test team’s senior facility engineer — is a first-of-its-kind aircraft external DC power system. The system converts standard AC power available in maintenance hangars to a 270 DC volt system required to power the Raptor’s avionics systems for ground tests.

One major asset of the next-generation fighter is a unique avionics suite. An ability to provide electrical power for avionics and electrical system ground testing and other functions is vital to the Raptor’s avionics and flight expansion test program, Col. C.D. Moore, F-22 flight-test director said.

The F-22 power requirements are not found in any other aircraft, such as the F-15, F-16, B-1 or C-17, which use a 400-hertz system. Furthermore, the Raptor requires a power supply free of frequency variations and fluctuations. Electrical supply systems existing in the F-22

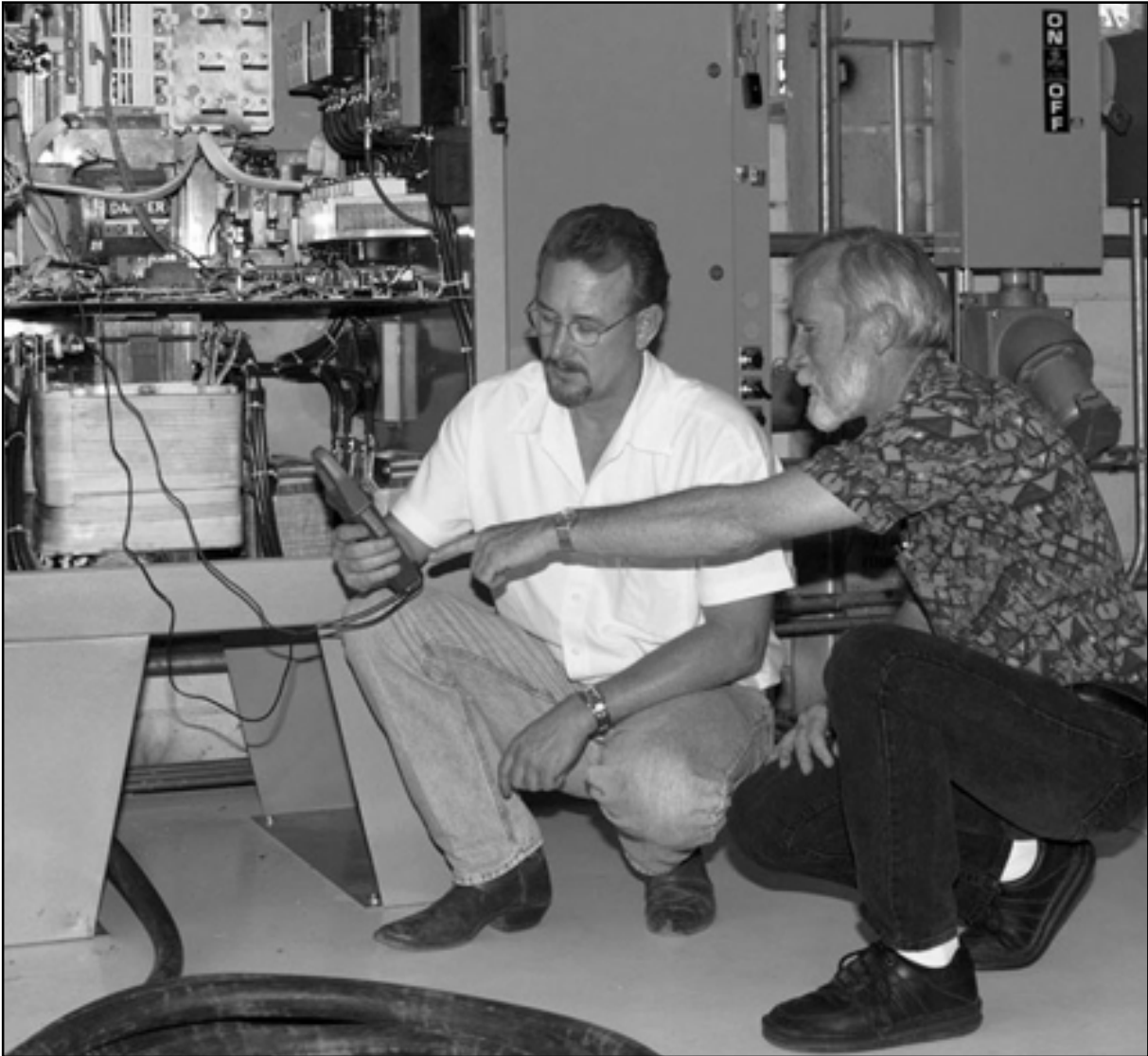
CTF’s hangars “simply could not meet the power requirements of the F-22 without severe risk to both the aircraft’s avionics and the integrity of the overall test program,” Renfrow said.

To fix the problem, Steve Bridgers, the F-22 test team’s senior supervisor for facility maintenance, analyzed existing hangar areas. His survey derived two solutions: regulating input voltage and procuring a converter that would meet F-22 power requirements.

After studying both concepts, Bridgers determined that neither option could be practically accomplished given hardware currently available in the aircraft industry. However, believing that use of a power converter was the proper method to solve the problem, Bridgers then developed a solid state power converter that would meet the test team’s need.

Bridgers’ design — which Moore said is a first-of-its-kind application — provides power the F-22 needs and is the most efficient system of its kind in the aviation industry. Unlike all other converter systems, it’s capable of operating continuously at full load, and even under the hottest desert climate conditions. Moore said, the system “has far exceeded all F-22 CTF requirements.”

The new system takes up far less space than other design proposals, and it can power both the aircraft’s avionics and



Steve Bridgers and Vern Renfrow, of the F-22 Combined Test Force, examine an external DC power system for the F-22 Raptor. A first-of-its kind in the aviation industry, it is also capable of operating continuously at full load, under the hottest desert climate conditions.

systems simultaneously without a decrease in efficiency, Renfrow noted. Since its adoption, it has been a key ingredient in the

success of the F-22s logistics test program.

The new system paves the way for future testing of 21st century

aircraft to include the Joint Strike Fighter and others that may soon undergo flight testing in the skies over Edwards.

●COMMIT from Page 5

to serve for these material ends alone makes us nothing better than mercenaries, or “hired guns.” Do we really “fly and fight” just for the money, or is there something more?

Perhaps we should look back in history at some examples of commitment and reflect on where our commitment truly lies.

On March 6, 1836, after a siege lasting 13 days, a fortified mission near San Antonio, Texas, known as the Alamo fell to the 2,000-strong Mexican army led by Gen. Antonio Lopez de Santa Anna. One hundred eighty-nine Texan volunteers, seeking Texas’ independence from Mexico, fought to the last man in the Alamo’s defense.

The 54th Massachusetts Regiment led two brigades of Union infantry in an assault on the Confederate Army’s Fort Wagner, near Charleston, S.C., July 18, 1863. The 600-man regiment, comprised of all African-American troops, charged the fort in the face of repeated volleys of heavy musket fire. It then held the ramparts for over an hour in hand-to-hand fighting before being repelled by superior forces at a loss of 272 killed, wounded or captured.

As the aircraft carrier USS Hornet steamed toward Tokyo, Japan, April 18, 1942, Japanese picket ships detected her approach. With the element of surprise in question and the entire carrier group endangered, the Hornet quickly launched 16 B-25 bombers, led by Lt. Col. James “Jimmy” Doolittle.

Taking off from a point 200 miles farther from the target than planned, each crew knew they had insufficient fuel to reach China’s mainland after the attack and

would probably need to ditch in the East China Sea. Fourteen of the 16 aircraft successfully bombed their primary or secondary targets. While unexpected tailwinds enabled all but two of the B-25s to actually reach the Chinese mainland, because of darkness and fuel exhaustion all of the bombers were destroyed as their crews bailed out or crash-landed. The Japanese captured eight of the raiders and later executed three for “war crimes.”

On Oct. 14, 1943, “Black Thursday,” the 15 B-17 bombers of the 305th Bomb Group took off from Chelveston, England, as part of 8th Air Force’s massive second raid on the ball bearing factories at Schweinfurt, Germany. Flying beyond the range of allied fighter escort, their formations were relentlessly mauled by Luftwaffe fighters. Of the original 15 bombers, only three made it to the target area, one carrying on in flames to drop its bombs. Just two B-17s returned, the group suffering an 87 percent attrition rate and the loss of 130 men killed, wounded or captured.

Webster’s Dictionary defines commitment as “the state of being bound emotionally or intellectually to an ideal or course of action.” Beyond a doubt, those courageous people, in the face of disheartening odds, were committed to something. How many died never knowing whether their sacrifices counted or were in vain?

They all must have believed in something — something that told them there was good to be gained in the attempt, even at the cost of their own lives, something worth fighting and dying for. They had certainly embraced the principles of right and wrong, freedom, and justice. I am sure their self-perceptions of this varied widely, with some deeply introspective and philosophical, and with others simply doing what “they thought was right.”

Out-of-balance work force could impact future readiness

Staff Sgt. Cynthia Miller
Air Force Print News

ROSSLYN, Va. — The current civilian work force is not meeting Air Force needs, which could lead to future readiness problems, said Air Force officials at a civilian workshop held recently in Virginia.

During the three-day workshop top civilian managers discussed force-shaping strategies and other issues facing the Air Force civilian work force.

“Our civilian work force is out of balance,” said David Mulgrew, Air Force Civilian Force-Management Division chief. “Our acquisition, scientific and technical work force is not being sustained with an adequate influx of new employees with current, state-of-the-art skills. The Air Force needs force-shaping legislation allowing the use of voluntary early-retirement authority and voluntary-separation incentive pay without position abolishment or reduction in force.”

According to Mulgrew, in the past 10 years there has been a 62 percent drop in the number of civilian employees with less than eight years of service, and 11 percent of all career employees are currently eligible for retirement.

“In five years, more than 45 percent of all civilian employees will be eligible for either optional or early retirement,” he said.

Past reductions, made through a combination

of loss programs such as early retirement authorities, separation incentive pay and limited hiring practices were not balanced across the civilian work force.

“We used voluntary early-retirement authority and voluntary-separation incentives to trim the senior year groups and to minimize involuntary actions such as reductions in force which are so devastating organizationally and individually,” Mulgrew said.

Reductions due to changes in hiring and retention negatively affected the profile of an increasingly senior civilian work force. The draw-down was accomplished, in part, through limiting the number of new hires and offering incentives to junior and senior employees to separate, thus leaving a high percentage of employees who are rapidly approaching retirement eligibility.

The Air Force has developed a three-pronged strategy, which includes accession planning, force development and separation management, to address the need for force shaping and sustaining a quality civilian work force. However, help from Congress in the form of legislation is also desired.

“Better tools in the form of expanded VERA and VSIP are needed to stimulate and manage separations,” said James Carlock, Air Force

civilian work-force-shaping program manager.

Congress has responded by introducing legislative initiatives addressing the problem. An amendment sponsored by Ohio Sen. George Voinovich and attached to the National Defense Authorization Act proposes expanding VERA and VSIP and allowing broader authority for tuition reimbursement.

“Separation incentive pay and early outs are currently authorized for force-reduction situations to reduce the number of involuntary separations,” Carlock said. “Expanding these tools will help to balance out the work force by giving incentives to workers in targeted occupational series resulting in vacancies for trainee-level positions.

“This helps us move toward our objective of a balanced civilian force made up of the right mix of entry-, mid- and senior-level employees in our most needed skills,” Carlock said.

Allowing broader authority for tuition reimbursement will help the Air Force sustain the knowledge and skills needed in the civilian work force, Carlock added.

The Department of Defense work-force-realignment initiative proposed by Voinovich would be effective Oct. 1 through Sept. 30, 2005. Under his proposal, employees may be

offered VSIP up to \$25,000 each in either a lump-sum payment or annual equal installments. Under current rules, VSIP is offered only in a lump-sum amount.

A separate bill sponsored by Ohio Reps. Tony P. Hall and David L. Hobson provides a pilot program for temporary authority to offer VSIP and VERA to a maximum of 1,000 Air Force employees annually from Oct. 1 through Dec. 31, 2003, and offers a lump-sum payment option only.

“Both of these bills allow us to shape portions of the work force,” said Leif Peterson, Air Force Materiel Command civilian personnel director, which projects nearly 40,000 civilian employees will be eligible for early or optional retirement within the next five years. “The Senate version is a little broader and has better application for us because the coverage period is longer and the costs to the agency appear to be less, but they are both a step in the right direction.”

But according to Peterson, the Air Force also needs legislation to streamline hiring practices.

“The one instrument I need most, and that has the broadest application, is a streamlined hiring authority,” he said. “We have dated hiring authorities now that are time-consuming and cumbersome. We need one that addresses the competitive marketplace, but still complies with public policy requirements and is responsive to the competition we now face (from civilian companies).”

Need some money-saving tips?



The family support center has just what you're looking for. A self-paced, interactive personal finance program on compact disc is now available at the FSC computer resource center. Topics on the disc include budgeting, credit management, insurance, savings, investing, relocation and more! For more information, call the family support center, 283-4204.

Be wise; use proper money management

Tyndall's chapel schedule

Protestant	Reconciliation: 4 p.m. Saturday
Communion Service: 9:30 a.m.	Mass: 5 p.m. Saturday,
Chapel 1	Chapel 2
General Protestant Service:	Mass: 9:30 a.m. Sunday,
11:00 a.m. Chapel 2	Chapel 2
Sunday school: in recess for the	Religious education: in recess
summer	for the summer
Kids' Club: in recess for the	Chapel 1: 283-2691
summer	Chapel 2: 283-2925
Catholic	Spiritual Maintenance: 283-2367
Daily Mass: noon Monday	Other faith groups: Call 283-
through Friday, Chapel 2;	2925



Your link
to what's going on

Gulf

Guide

in the
Tyndall community

JULY

FRI

7

AFROTC schedule
The Air Force Reserve Officer Training Corps' second encampment has arrived at Tyndall and will remain here until Aug. 11. The cadet dining hours at Tyndall's Berg Liles dining facility will be: breakfast, 6-7:12 a.m.; lunch, 11:20 a.m.-12:52 p.m.; and dinner, 4:20-5:32 p.m.

MON

10

Anger-control workshop
An anger-control workshop will be 9-11 a.m. Monday, July 17 and 24 in the family advocacy conference room. For more information or to register, call the family advocacy center, 283-7272.

Pediatric clinic hours
Beginning Monday, pediatric after-hour appointments will be held in the pediatric clinic, Building 1404. A full pediatric care-management team will be available for acute and routine appointments each evening and on Saturdays. To make an appointment for the after-hours clinic, call central appointments, 283-2778.

TUE

11

Couples' workshop
A four-session couples' communication workshop will be 3-5 p.m. Tuesday, July 18, 25 and Aug. 1 in the family advocacy conference room. For more information or to register, call the family advocacy center, 283-7272.

Chapel contract positions
The Tyndall Base Chapel has the following contract positions open for bid: Protestant Youth Ministries Coordinator; Protestant Parish Coordinator; Protestant Religious Education Coordinator and Protestant Choir/Praise Team Director. Statements of work are available at the chapel. Resumes and bids will be accepted through Tuesday. Bids should be submitted in a separate, sealed envelope and will be opened 2 p.m. July 14. For more information, call Chaplain Eliezer Castanon, 283-2925.

WED

12

Parent-preparation course
The four-session parenthood-preparation course will continue 3-5 p.m. Wednesday, July 19 and 26 in the family advocacy conference room. For more information or to register, call the family advocacy center, 283-7272.

Stress-management workshop
The three-session stress-management workshop will continue 9-11 a.m. Wednesday and July 19 in the family advocacy conference room. Participants will be able to examine ways to reduce and manage stress through relaxation techniques and healthy living. For more information or to register, call the family advocacy center, 283-7272.

WED

19

NCO association meeting
The NCO Association's Chapter 1635 meeting will be 11:30 a.m. July 19 in the

NCO Academy auditorium. For more information, call Master Sgt. Gayle Black, 283-9728.

THU

20

Homeowners' insurance class
The Florida Department of Insurance's class, 'Homeowners vs. Hurricanes,' will be 11 a.m.-1 p.m. July 20 in the family support center classroom. Topics will include home, flood and wind policy descriptions; steps on claim-filing and premium information. For more information and reservations, call the family support center, 283-4204.

Breast-feeding class
A breast-feeding class will be 2 -4 p.m. July 20 in the family advocacy conference room. For more information, call the family advocacy center, 283-7272.

Sibling-preparation class
A sibling-preparation class will be 11 a.m.-noon July 20 in the family advocacy conference room. The class is designed to help siblings prepare for the birth of a new sister or brother. For more information or to register, call the family advocacy center, 283-7272.

MON

24

Bible school
Vacation Bible school will be 8:45-11:45 a.m. July 24-28 in Chapel 2. For more information, call Staff Sgt. John Glass at the chapel support office, 283-2925.

WED

26

New fathers' class
A class for new or expectant fathers will be 11 a.m.-noon July 26-28 in the family advocacy conference room. For more information, call the family advocacy center, 283-7272.

FRI

28

SNCO induction ceremony
A Senior NCOs' induction ceremony for all new master sergeant selects will be Aug. 11. The attire for the evening will be mess dress or semi-formal. The guest speaker will be retired Chief Master Sgt. Robert D. Gaylor. To sign up, call your first sergeant no later than July 28.

NOTES

Aerobic classes
Free aerobic classes will be 5:30 a.m., noon, 3:45 p.m. and 6 p.m. Mondays; 5:30 a.m., noon and 6 p.m. Wednesdays; 5:30 a.m. and 6 p.m. Fridays and 10 a.m. Saturdays in the fitness center.

Recreational volleyball
A local group of volleyball players is seeking interested players to join them 7-10 p.m. Mondays in the recreation complex at 705 E. 14th Court for free, informal games. For more information, call Ernest Langford, 769-7721.

SEP manager position
An opening exists for a Special Emphasis Program manager for the Federal Women's Program. The FWP is dedicated to the

promotion of equality in the federal government. FWP candidates must be permanent federal civilian employees at Tyndall. The position is considered an additional duty, requiring approximately 10-20 percent of the employee's normal duty hours. Interested candidates can submit an application to the 325th Fighter Wing Equal Employment Opportunity Office. For more information, call the EEO, 283-2739.

RETIREE NEWS

Casualty assistance
Headquarters Air Force Personnel Center's Casualty Operations Center has a new toll-free number that families of Air Force retirees can use to report the death of a retiree and obtain assistance. This new number is (877) 353-6807.
When families call this number, they will be prompted to enter the zip code of the family member who requires assistance. The call will then be forwarded to a casualty assistance representative at the designated base. Any family member residing in the following zip-code areas will receive their casualty assistance from Tyndall: 32300-32499 and 363XX. This area is quite large, extending west to Defuniak Springs, east to Perry/Steinhatchee Landing, north to Ozark, Ala., and south to the gulf coast.
Regardless of your location, the Tyndall Casualty Assistance Office is committed to providing families with prompt and professional service in times of need. For more information or to report a retiree's death, call Ernie Hooper, Tyndall's casualty representative, 283-8392 or 283-2276.

YARD SALES

There are no yard sales scheduled for Saturday.

BASE THEATER

Today: "Shanghai Noon" (PG-13, action violence, some drug humor, adult language, sensuality, 110 min.)
Saturday: "Shanghai Noon"
Sunday: "Road Trip" (R, strong sexual content, crude humor, adult language, drug use, 91 min.)
Thursday: "Road Trip"

BERG LILES DINING FACILITY

Today
Lunch: herb-baked fish, savory-baked chicken
Dinner: hamburger stroganoff, french-fried fish

Saturday
Lunch: simmered Polish sausage, fried chicken
Dinner: mostaccioli with basil sauce, golden-fried fish

Sunday
Lunch: pork adobo, baked chicken
Dinner: hamburger yakisoba, fish and chips

Monday
Lunch: barbecued ham steak, ginger-basted sole
Dinner: spaghetti with meat sauce, ginger pork

Tuesday
Lunch: Zula's spinach-cheese biscuit wrap, turkey and noodles
Dinner: southern-fried chicken, fish almonidine

Wednesday
Lunch: pork schnitzel, sauerbraten
Dinner: baked tuna and noodles, roasted fresh ham

Thursday
Lunch: beef pot pie with biscuit topping, lime-cilantro sole
Dinner: pineapple chicken, stuffed cabbage rolls

Menus are subject to change.

‘Advice’ not always good for recruiting

Staff Sgt. Doug Gibson
361st Recruiting Squadron
recruiter

RANDOLPH AIR FORCE BASE, Texas (AFPN) — As an Air Force recruiter, I talk with potential airmen every day. I know how easy it is to turn them off to the Air Force without realizing you do it.

So many young people have left my office fired up and ready to join, excited about serving their country in the world’s finest Air Force, only to return a few days later telling me that they met someone in the Air Force who told them they were making a mistake.

I believe most of the Air Force people who give advice to potential recruits honestly think they are helping the individual. Unfortunately, this is often not the case.

The most common scenario is when the young recruit is entering the Air Force in job ‘X’, and the well-intentioned active-duty person tells them, “Job ‘X’ is a crappy job. Go back and tell your recruiter you want job ‘Y’ or you won’t

join.”

I’m sure these people think they are helping, and many seem to think recruiters are shifty-eyed weasels who intentionally try to place good people into less-desirable jobs. The truth however, is often that job ‘X’ is a less desirable job only in their eyes.

There are many reasons people join the Air Force, and different jobs appeal to different folks.

The well-meaning advice-giver probably has no idea what this applicant’s qualifications are. Maybe their test scores limited their job choices, maybe their Sensitive Jobs Code doesn’t qualify them for certain jobs, maybe the Air Force has no openings for job ‘Y’s’ particular Air Force Specialty Code.

Many people think if there are shortages on their base in a certain AFSC, then recruiters can give out that job. It doesn’t work that way.

For example, the security forces career field, as we all know, is undermanned; however, there are no openings currently available for those positions. The technical school is booked

full for the rest of the summer. Security forces is probably the most commonly requested job from people coming into a recruiting office.

The result of the well-intentioned, but errant advice, is an applicant who no longer has any faith in the recruiter, and now believes that job ‘Y’ is the only one worth having in the Air Force.

Since the recruit probably isn’t qualified for job ‘Y’ or it isn’t available, this young person often leaves with a poor impression of the Air Force and goes back to flipping burgers or pushing carts at the local department store.

If the average active-duty person knew the impact a simple piece of advice could have on these kids, they would be more careful.

I encourage my applicants to seek out military members to learn about life in the service, and despite what many think, we aren’t trying to hide anything from applicants. We go to great lengths to match an applicant to the best possible job.

If I could encourage one thing from the active Air Force community, it would be to

talk about their own experiences in the Air Force — without trying to guide the potential recruit’s career.

Tell them about the things most of them want to know, like what is day-to-day life like? What time do you get up? What are the dining halls like? How often do you get to leave the base? These are a few of the more common questions. Tell them what you think of the Air Force, why you joined, what you have found.

Did you know many applicants think we all get up at 4:30 a.m. to reveille and do physical training, or how many think that a chow hall is a place where some grizzled old cook called “sarge” slops green stuff on your tray? Did you know a lot of these kids think our security forces members who ‘man’ our gates are there to keep us in, unless we have a town pass?

These are misconceptions that active-duty Air Force people can help eliminate, and that’s how they can best support the recruiting program.

AFOSI seeks new special agents

ANDREWS AIR FORCE BASE, Md. (AFPN) — Military members looking to cross-train to a challenging and rewarding career field should look no further than becoming a special agent with the Air Force Office of Special Investigations.

"OSI's primary mission is counter-intelligence which includes technology protection and information assurance," said Special Agent Doug Hartwell, AFOSI Det. 419 counter intelligence program manager here. "We provide commanders with the critical information they need to protect our assets and win wars."

Every special agent is a volunteer. They're members of a highly trained team that investigate crimes against persons and property, defeat and deter base-level and con-

tract fraud, combat threats to our information systems and technologies and provide the Air Force counterintelligence support for its force-protection mission. It's a job that involves excitement and opportunity — and it could be for you.

"The sense of job satisfaction gained from solving a violent crime is incredible," said Special Agent Brian H. Tindall, AFOSI Det. 419 superintendent. "That's when it really strikes home, the true value of what we do."

Senior airmen (with less than six years time-in-service), staff ser-

geants, and technical sergeants in all career fields except security forces are eligible. Security forces members in the grades of technical sergeant-select through master sergeant are eligible. Members who have at least 18 months time-on-station and less than 12 years of total active-federal-military service are eligible to apply.

Applicants with foreign language, computer and technical skills are among those highly sought after by the command.

"We're always looking for quality, motivated people who are looking to change their lives and start new careers as federal agents."

Special Agent
Brian H. Tindall

Applicants accepted into the command will attend the U.S. Air Force Special Investigations Academy at Andrews AFB, Md. The 11-week special investigator's course includes instruction in law, investigative theory, report-writing forensics, interview techniques and other subjects designed to prepare special agents for the challenges of investigative duty.

"We're always looking for quality, motivated people who are looking to change their lives and start new careers as federal agents," Tindall said. For more information about how to apply for this career, call Special Agent Brian H. Tindall, 283-3261.



Spotlight



2nd Lt. Renee Jennings

Rosemary B. Cunningham

Squadron: 325th Medical Operations Squadron
Job title: New-parent support program nurse
Years at Tyndall: Six years
Why did you join Team Tyndall: I enjoy working with people, especially new moms and dads.
Most exciting facet of your job: Sharing information that will really help new parents.
Short term goals: I'd like to be accepted for more in-home visits by my new customers.
Long term goals: To improve the education supplies we currently have for the new-parent program and update our videos, books and teaching aides.
Favorite book: "Count of Monte Christo"
Favorite movie: "Fifth Element"
Hobbies and off-duty activities: Bowling, softball and spending time with my daughter.

Your link
to what's going on

Gulf Guide

in the
Tyndall community

JUNE

FRI 30

AFROTC schedule

The Air Force Reserve Officer Training Corps' first encampment has arrived at Tyndall and will remain here until Wednesday. The second encampment will arrive Thursday and remain until Aug. 11. The cadet dining hours at Tyndall's Berg Liles dining facility will be: breakfast, 6-7:12 a.m.; lunch, 11:20 a.m.-12:52 p.m.; and dinner, 4:20-5:32 p.m.

Change of command

A change of command ceremony for Tyndall's 325th Maintenance Squadron is 3 p.m. today in the Tyndall Officers' Club Bayview Room. Lt. Col. Robert A. Sanford will relinquish command to Maj. David B. Coomer. A reception will follow in the "Jake Pit" in Building 580. Uniform is the battle dress uniform with sleeves rolled up for military members. All of Team Tyndall is invited. For more information, call Capt. James Clavenna, 283-4520.

Vehicle-safety inspections

Tyndall's 325th Fighter Wing's Safety Office is conducting free vehicle-safety inspections 9 a.m.-2 p.m. today at the base service station for anyone wanting to ensure their vehicle is ready for holiday travel.

JULY

MON 3

Commissary holiday hours

The commissary will be open 9 a.m.-6 p.m. Monday. It will be closed Tuesday for the 4th of July holiday and will reopen 9 a.m. Wednesday.

Heritage Day

Tyndall will celebrate Independence Day with a Heritage Day celebration Monday at Heritage Park. Gates will be open to the public 4-11 p.m. Admission and parking are free. There will be food booths, children's activities, clowns, bands and a magician. Fireworks will start at approximately 9 p.m. Six musical groups are booked to play throughout the evening. For more information, call 283-8575 or 283-2495.

TUE 4

Base exchange holiday hours

The following base exchange facilities will be open Tuesday at the following times: main exchange, 10 a.m.-5 p.m.; service station, 10 a.m.-5 p.m.; Cove Garden Shoppette, 11 a.m.-3 p.m.; Shoal Point Shoppette, 11 a.m.-6 p.m.; Class Six Shoppette, 11 a.m.-5 p.m.; Felix Lake Shoppette, 6 a.m.-9 p.m.; Burger King, 10:30 a.m.-5 p.m.

Fantasy career contest

The Department of Defense and Yahoo! Inc. are offering entrants in the Yahoo! Careers "Fantasy Career in Today's Military" contest a chance to spend up to five days with one of the military services. The Air Force is offering entrants 18

years or older a chance to shadow an F-15 fighter pilot, fly in an F-15, meet a jet maintenance team and train in aircraft armament. Applicants can complete an entry form and submit an essay and resume by Tuesday through the Yahoo! Careers home page at: www.careers.yahoo.com.

WED 5

Parenthood-preparation course

A four-session parenthood-preparation course will be 3-5 p.m. Wednesday, July 12, 19 and July 26 in the family advocacy conference room. For more information or to register, call the family advocacy center, 283-7272.

Stress-management workshop

A three-session stress-management workshop will be 9-11 a.m. Wednesday, July 12 and July 19 in the family advocacy conference room. Participants will be able to examine ways to reduce and manage stress through relaxation techniques and healthy living. For more information or to register, call the family advocacy center, 283-7272.

NOTES

Customer service hours

The customer service hours for Tyndall's Military Personnel Flight, Pass and ID, legal and finance offices are:

Monday, 7:30 a.m.-4:30 p.m.; Tuesday, 8:30 a.m.-4:30 p.m.; Wednesday, 7:30 a.m.-4:30 p.m.; Thursday, 8:30 a.m.-6 p.m.; and Friday, 7:30 a.m.-4:30 p.m.

"Yard of the Month" winners

The following Tyndall family housing residents have won the "Yard of the Month" award: Wood Manor I – **Master Sgt. Glen Heacock** and **Tammy Heacock**, 2737-B Eagle Drive; Wood Manor II – **Capt. William Owens Jr.** and **Phyllis Owens**, 2849 Phantom St.; Wood Manor III – **Tech. Sgt. Timothy Hibbard** and **Bunnie Hibbard**, 3160-B Tiger St.; Felix Lake – **Master Sgt. Paula Valencia** and **Frank Valencia**, 3582-B Adams Court; Cove Gardens – **Staff Sgt. Edward Seeley Jr.** and **Julisa Seeley**, 20-C Victory Circle.

Search for true stories

Producer Arnold Shapiro is searching for true-story profiles of young people currently in uniform or successful civilians whose lives were changed and improved because of their military service. Selected stories may be used in the production of five videos entitled "How the Military Changed My Life." Anyone interested in participating can send a brief written account to: Arnold Shapiro Productions, 520 Broadway, Suite 220, Santa Monica, CA 90401 or send an e-mail to: aspproductions@aol.com. For more information, call 283-2937.

Canadian Promotions

The Canadian component at Tyndall recently celebrated two promotions at the Maple Leaf Mess.

Master Cpls. Joan Folsom and Josh Labranche, 701st Air Defense Squadron aerospace defense technicians, were both promoted to sergeant.

Folsom was pinned by Lt. Col. Bill Bowers, 701st ADS director of operations and Warrant Officer Gerald Nieckar,

Canadian Component Unit warrant officer. Labranche was also pinned by Bowers along with Josh's wife Josee.

RETIREE NEWS

TRICARE assistance

A few months ago, it was announced that the TRICARE-Help Electronic Mail System was available to provide TRICARE-related assistance to active-duty and retired TRICARE beneficiaries and their families. The THEMS allows all TRICARE beneficiaries to use e-mail to get TRICARE-related issues acted on and resolved in a timely manner.

Recent computer upgrades and the hiring of additional personnel enables TRICARE-Help to serve TRICARE beneficiaries even better than before. Officials point out, however, that the THEMS is not intended to replace or bypass TRICARE Service Centers and other local TRICARE-assistance sources. Every effort should be made to resolve all TRICARE-related issues at the local or lowest possible level. Questions should be initially directed to the health benefits adviser at the local TRICARE Service Center, 913-3420, or the Tyndall Managed Care Office, 283-7331.

The THEMS is then ready to assist with any unresolved issues and will provide an initial response to your e-mail questions within 24 hours. Questions can be e-mailed to: www.TRICARE_Help@amedd.army.mil.

YARD SALES

The following yard sales are scheduled for Saturday: 3185-A Voodoo Drive, 3118-A Dagger Drive, 2974-A Starfighter Ave. and 2755-B Eagle Drive. All yard sales are held between 8 a.m.-4 p.m.

BASE THEATER

Today: "Gladiator" (R, intense, graphic combat, 155 min.)

Saturday: "Gladiator"

Sunday: "Gladiator"

Thursday: "Screwed" (PG-13, crude, sex-related humor, nudity, language, some violence, brief drug content, 90 min.)

BERG LILES DINING FACILITY

Today

Lunch: yakisoba, savory-baked chicken

Dinner: ravioli, baked fish

Saturday

Lunch: stuffed green peppers, roasted turkey

Dinner: herb-baked chicken, grilled hamburger steak

Sunday

Lunch: chicken Parmesan, roasted pork loin

Dinner: beef balls stroganoff, lemon-baked fish

Monday

Lunch: beef pot pie with biscuit topping, chicken breast with orange glaze

Dinner: Cajun meat loaf, beef manicotti

Tuesday

Lunch: herb-baked chicken, barbecued pork loin

Dinner: grilled ham steak, chili macaroni

Wednesday

Lunch: sukiyaki, Chinese five-spice chicken

Dinner: fish and chips, baked Italian sausage

Thursday

Lunch: hot and spicy chicken, veal Parmesan

Dinner: pork chow mein, lemon-basted sole

Menus are subject to change.

Sports and fitness



Courtesy photo

Base volleyball champs

Tyndall's 2000 Intramural Volleyball Champions, from Headquarters First Air Force/CONUS North American Aerospace Defense Command Region, pose with their trophy. Pictured from left to right, back row: Todd Toman, Rich Shipman, Dave Harold, Jon Edwards and Joe Martin, and front row: "Wild Bill" Leslie, Carey Maholick, Diane Zeltins and Mary Montgomery. Other team members not pictured are Chris Saylor and Tim Flietstra.

AF member wins bodybuilding trophies

Maj. Dave Johnson
United States Strategic Command public affairs

OFFUTT AIR FORCE BASE, Neb. (AFPN) — When Master Sgt. George McGuire talks fitness, people listen. That's because the U.S. Strategic Command noncommissioned officer is a successful competitive bodybuilder.

After a two-year hiatus to focus on training, McGuire returned to competition recently. He took home nine trophies during three weekend competitions in Nebraska, Iowa, and Missouri. McGuire won seven first-place trophies in the tall category of the masters (age 45 and over) and open divisions. He also won two best-poser awards.

With these victories, McGuire met his main goal of winning in his age group and has qualified to compete in the Mister U.S.A. competition in October.

McGuire says one of his ambitions at any competition is simply to entertain the spectators. He was especially happy when the Iowa and Kansas City audiences voted him "best poser."

"I enjoy beating the younger guys in the open divisions," he joked. "The best male poser is my favorite award because it recognizes the creativity and artistry of physique display."

McGuire has weight trained for more than 20 years and actively competed for 16. His competition regimen includes intensive weight-training sessions, performing six to 12 repetitions per set for upper-body workouts and eight to 25 reps per set on lower-body workouts. He also includes an aerobics workout twice a day and follows a carefully controlled diet. McGuire added that he believes in the basics — eating

wholesome foods without a lot of salt or refined sugar, drinking plenty of water, getting sufficient rest, and keeping "partying" to a minimum.

Bodybuilding, unlike other sports, is a commitment to a lifestyle that includes proper nutrition, rest, recuperation and training. The physical and mental benefits of the bodybuilding lifestyle extend to McGuire's personal and professional life.

"Often it is what you do outside of the gym that is the catalyst for your success in bodybuilding," McGuire said. "Bodybuilding has opened many doors for me — being physically and mentally strong makes everyday living easier, builds self esteem and improves my powers of concentration. It also provides abundant energy to accomplish tasks and overcome obstacles that would seem daunting to some."

As the command's intelligence directorate wellness representative, McGuire does not believe the extreme demands of competitive bodybuilding are for everyone, but he is convinced everyone can benefit from a commitment to fitness. "The average person will benefit from exercise by experiencing greater energy, a positive outlook on life, increased health, fewer illnesses and a slowing of the aging process."

His future plans include a career in the fitness industry following his eventual retirement from the Air Force. He is currently finishing a master of science degree in physical education and plans to continue competitive bodybuilding.

"I enjoy the disciplined lifestyle of setting realistic goals and attaining them. It helps keep me feeling younger than I am."

Fitness tip — good fat, bad fat

Omega-3 fatty acids are the good fat in the fat pool. To reduce the risk of heart disease, up your good cholesterol and cut down the bad cholesterol. You can do this by including Omega-3 fatty acids in your diet. Foods containing these heart-healthy fatty acids are fish such as salmon, sardines, sword fish and albacore tuna. For vegetarians, the best way to get stroke-busting fatty acids is to cook with flaxseed oil and flaxseed flour.



Intramural softball		
Team	Wins	Losses
Falcon league		
325 OSS	11	1
1 FS	9	2
325 MDG	8	3
325 SFS	7	3
325 TRS 1	7	4
325 MSS	7	5
SEADS 1	7	6
325 COMM	6	6
325 MXS 1	5	6
2 FS	3	9
95 FS	3	10
325 MXS 2	1	9
83 FWS 1	0	10
Federal league		
AFCESA	11	2
325 LSS	11	2
TW	9	3
RHS	9	4
325 CES	8	4
325 SVS	8	5
CONS	6	6
53 WEG	6	8
CONR	4	8
83 FWS 2	2	10
SEADS 1	2	11
325 TRS 2	0	13

Intramural golf Squadron	Total points
CONR 1	52
AFCESA	51
325 MXS	47.5
325 SVS	46.5
325 CES	45
325 MSS	42.5
325 TRS	40
SEADS	35
325 OSS	30.5
TEST 1	25
325 LSS 1	24
325 SFS	21
82 ATRS	20.5
RHS	18.5
CONR 2	16.5
83 FWS	15.5
81 TSS	14
325 COM	12.5
CONR 3	12.5
372 TRS	8
LSS 2	3.5

Intramural ladies softball		
Team	Wins	Losses
Eagle league		
325 OPS GP	2	0
325 MDG	1	1
NCOA	1	1
325 COM	0	2

Walkers encouraged to walk more, faster


Courtesy of American Medical Association

Most people who exercise mainly by walking do not walk frequently enough or fast enough to gain real health benefits, according to a report released by the Centers for Disease Control and Prevention (CDC) in Atlanta. The Surgeon General’s office recommends 30 minutes of moderate intensity physical activity, such as brisk walking, on most, if not all, days of the week. Walking is the most commonly reported leisure-time physical activity in the US, CDC research-

ers note. A telephone survey of 7,600 adults found that one-fifth listed walking as their only leisure time physical activity. Walking-only exercise was particularly common within older age groups, and in women. The survey found that while over three-quarters of the only-walkers did adhere to the recommendation of walking a minimum of 30 minutes at a time, only about a third walked at least four times each week and only about a quarter walked with enough speed to qualify as brisk walking. Thus, a mere “six percent of only walkers met the health-related

recommendations by walking at least 30 minutes per session, four or more times per week, at 3.5 (or more) mph,” the study found. CDC officials conclude “that most persons who walk for physical activity would benefit from walking more regularly and perhaps faster.” They suggest that public health efforts be directed at all adults “encouraging them to walk more frequently ...because once a person reaches 30-45 minutes of walking on most days of the week, most of this activity probably will be at moderate intensity relative to individual fitness levels.”

Bowl a few frames at *Raptor Lanes*



Hours of operation

Monday-Wednesday:
10 a.m.-10 p.m.
Thursday: 9 a.m.-midnight
Friday: 10 a.m.-2 a.m.
Saturday: 9 a.m.-2 a.m.
Sunday: 1-8 p.m.

Work up a sweat



Head to the fitness center for a workout. It is open Monday-Friday 5 a.m.-1 a.m. and week-ends and holidays 10 a.m.-6 p.m.



